



SENIOR SCOOP

The publication for and about the active generation of Davis County

Caregiver educational classes begin

Davis County Health Department's Family Caregiver Support Program offers an eight week series of classes for individuals who care for family members that are older and/or frail.

The one hour classes are offered at two different locations. On Tuesdays starting March 8, classes will be held at the Legacy Village Assisted Living Center (1201 N. Fairfield Rd, Layton) at noon. On Fridays starting March 11, classes will be held at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. A complimentary lunch is provided at each class but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

Classes end Tuesday, Apr. 26 or Friday, Apr. 29.

For more information or to RSVP for lunch, please contact Megan Forbush at (801) 525-5088.

Davis County Senior Services thanks the following agencies for sponsoring these classes: Legacy Village, Golden Years Senior Activity Center, Heritage Place Assisted Living Center, and South Davis Home Health and Hospice.

March class schedule is:

March 8 and 11: "Medicare 101" – Linda Freer, Davis County Senior Services

March 15 and 18: "Resources for Caregivers" – Megan Forbush, Davis County Senior Services

March 22 and 25: "Fall Prevention" – Markham McReynolds, Heritage Place Assisted Living Center

March 29 and April 1: "Life – the Great Balancing Act" – CJ Benson and Denise Cook, South Davis Home Health and Hospice

'Be Fit & Fab' Advice Corner

Antioxidants from fruits and vegetables protect brain cells from damage. Vitamins C, E, and A are examples of important antioxidants. These are abundant in fruits and vegetables. Try to include at least five servings every day. Choosing a variety of colors – red, yellow, and green – will help ensure a plentiful supply of these antioxidants.

May you live long, live strong, and live happy!

By Bonnie Athas, DCHD Registered Dietician

Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.

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All issues of Senior Scoop are available at
http://www.daviscountyutah.gov/senior_scoop



Get your green on



[Photo by Jessica Hardcastle, DCHD]

Friends Leisa Hall, Lylia Nix, Yon Myra, and Garry Hall enjoy last year's St. Patrick's Day celebration at the recently closed Heritage Senior Activity Center in Clearfield. Haven't seen the new North Davis Senior Activity Center in Clearfield yet? Reserve your slot for March 17. Not only will you get to see the new center, but you also can celebrate St. Patrick's Day with entertainment and a special Irish lunch. Reservations are required to enjoy lunch. Please call 801-525-5080 to make your reservations.

Let color be your guide to healthy foods

American Dietetic Association

While the trees may be bare in March, there are still plenty of colorful and nutritious foods to fill your plate. During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color."

"Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful

eating plan," says registered dietitian and ADA spokesperson Karen Ansel.

"Healthy eating includes more than counting calories alone. In fact, most children don't get enough of all the essential nutrients critical to normal growth and development," says Ansel.

"Food variety supplies different nutrients, so to maximize the nutritional value of your meal, include healthful choices in a variety of colors."

Ansel offers ways to brighten up your plate in every season with this quick color guide.

Green produce indicates antioxidant potential and may

help promote healthy vision and reduce cancer risks.

Fruits: avocado, apples, grapes, honeydew, kiwi, and lime

Vegetables: artichoke, asparagus, broccoli, green beans, green peppers, and leafy greens such as spinach

Orange and deep **yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach, and pineapple

Vegetables: carrots, yellow pepper, yellow corn, and sweet

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Beat ongoing health condition with self-management

Want to decrease your pain, decrease your doctors' visits, and enjoy life more? Davis County Senior Services has teamed up with Davis Hospital Senior Advantage Program and is promoting the Chronic Disease Self-Management Program called Living Well with Chronic Conditions.

Living Well with Chronic Conditions is a fun, interactive six week workshop to help you:

- Manage pain and fatigue
- Lessen depression and frustration.
- Increase fitness and self-confidence.

Other subjects covered include:
• Techniques for frustration and

isolation.

- Appropriate exercise to maintain and improve strength.
- Appropriate use of medications and proper nutrition.
- Communicating effectively with family, friends, and health professionals.
- How to evaluate new treatments.

Who Should Come? Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain, or others. Family and friends of those with chronic conditions are also encouraged to

attend.

Healthy snacks are provided, along with an incentive gift which is given at the last class for completing 4 out of 6 classes of the workshop.

The next workshop will be held Wednesday, March 9, from 2:30 p.m.-4:30 p.m. at Davis Hospital's Diabetes Care Center of Utah, 2132 N 1700 W Ste B150, Layton (basement level of Bitner Medical Office Building). For more information or to register for the workshop, call Jessica Hardcastle at 801-525-5087. Registration is required. Call today. Workshop fills up fast.

Discover you can control your health and your life!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div></div>		<div>2</div> <div>AG – Bingo 10:30 Blood Pressure 10:30 GY – Senior Tap 8 Social Services 11:30 ND – Center open from 11-12:15 for lunch only NO ACTIVITIES</div>	<div>3</div> <div>AG – **Organ Lessons 10:30 Thank Your Lucky Stars 11:30 GY – Costco Presentation 11:30 ND – Center open from 11-12:15 for lunch only NO ACTIVITIES</div>	<div>4</div> <div>AG – Lapidary 8 Choir Practice 10 GY – Beginning Tap 8 Tai Chi 9:30 ND – Center open from 11-12:15 for lunch only NO ACTIVITIES</div>	<div>5</div>
<div>6</div>	<div>7</div> <div>AG – Lifetime Fitness 9 CNS presentation 11:30 GY – Senior Tap 8 Bingo 12:30 ND – Texas Hold 'Em 12 Bingo 12:15</div>	<div>8</div> <div>AG – Lapidary/ Silversmith 8 Trivia Plus 11:30 GY – Senior Tap 8 "Healthy Mind Body & Spirit" 12 ND – China Painting 8:45 Shopping 12:15</div>	<div>9</div> <div>AG – Silversmith 9 Ceramics 12 GY – Blood Pressure 10:30 Line Dancing 10 ND – Art Class 9 Texas Hold 'Em 12</div>	<div>10</div> <div>AG – **Mystery Trip Bunco 10 Shopping 12 GY – Free Balance Test 9:30 Strength Training 10:30 Shopping 12:30 ND – Porcelain 9 Pinochle 12:15</div>	<div>11</div> <div>AG – Choir Entertainment 10:45 Clear Choice Hearing Aids 11:30 GY – Watercolor 9 Caregiver Class 11:30 ND – Ceramics 12 Bingo 12:15</div>	<div>12</div>
<div>13</div>	<div>14</div> <div>AG – Tai Chi 8:30 Oil Painting 9 GY – Aerobics 8:30 Yoga 10 ND – Texas Hold 'Em 12 Bingo 12:15</div>	<div>15</div> <div>AG – Quilting Bee 9 Social Services 10:30 Shopping 12 GY – Lapidary / Silversmith 8:30 ND – China Painting 8:45 Pinochle 12:15</div>	<div>16</div> <div>AG – Blood Pressure 10:30 Heritage Place presentation 11:30 GY – Soft Aerobics 8:30 Grief Support 11 ND – Art Class 9 Bingo 12:15</div>	<div>17</div> <div>AG – **AARP Drivers Safety St. Patrick's Day Celebration 11:30 GY – **Legacy Village Tour Senior Tap 8 ND – **Irish Lunch & Entertainment by The Irish Dancers 11:30</div>	<div>18</div> <div>AG – Crazy Auction 11:30 Pinochle 12 GY – Stained Glass 9 Grief Support 1 ND – Paper Quilling 9 Texas Hold 'Em 12</div>	<div>19</div>
<div>20</div>	<div>21</div> <div>AG – **Water Exercise 9 Bingo 10:30 GY – Stained Glass 9 Beginning Line Dance 10 ND – Texas Hold 'Em 12 Bingo 12:15</div>	<div>22</div> <div>AG – **Let's Eat Out Lifetime Fitness 9 Square Dancing 12:30 GY – Sit n Fit 8:30 Tai Chi 10:30 ND – Lapidary 8:30 Shopping 12:15</div>	<div>23</div> <div>AG – Watercolor 9:30 Line Dancing 1 GY – Blood Pressure 10:30 Bingo 12:30 ND – Art Class 9 Texas Hold 'Em 12</div>	<div>24</div> <div>AG – Bunco 10 "Healthy Mind Body & Spirit" 11:30 GY – **Kingsbury Hall Trip Free Hearing Test 10:30 ND – Porcelain 9 Pinochle 12:15</div>	<div>25</div> <div>**AG, GY, ND Mar. Birthday Party AG – Lapidary 8 GY – Line Dancing 9:30 Caregiver Class 11:30 ND – Paper Quilling 9</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>AG – Lifetime Fitness 9 Bingo 10:30 GY – Oil Painting 1 ND – Texas Hold 'Em 12 Bingo 12:15</div>	<div>29</div> <div>AG – Computer 9:30 Word Game Day 11:30 GY – Woodcarving 9 ND – Lapidary 8:30 Pinochle 12:15</div>	<div>30</div> <div>AG – Silversmith 9 Bingo 10:30 GY – Ceramics 9 ND – Texas Hold 'Em 12 Bingo 12:15</div>	<div>31</div> <div>AG – **Wirewrapping 9 Arts & Crafts 10 GY – Sit n Fit 8:30 Back Massage 10 ND – Porcelain 9 Hand & Foot Card Game 12:15</div>	<div>Apr. 1</div> <div>AG – Bingo 10:30 Movie & Popcorn 12 GY – Old Time Combo Band 10:30 ND – Texas Hold 'Em 12 Bingo 12:15</div>	<div>2</div>

(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow
(801) 544-1235
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

Guide to healthy foods

Continued from Page S1

potatoes.

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health, and reduced cancer risks.

Fruits: blackberries, blueberries, plums, raisins

Vegetables: eggplant, purple cabbage, purple-fleshed potato.

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes, and watermelon

Vegetables: beets, red onions, red peppers, red potatoes, rhubarb, and tomatoes.

White, tan and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

Fruits: banana, brown pear, dates, and white peaches

Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato, and white corn.

Ansel recommends choosing a variety of colors when shopping for seasonal fruits and

vegetables. "And for additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the year," she said.

"Instead of grilled chicken and mashed potatoes, consider painting

a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful," said Ansel.

For more information

on how to "Eat Right with Color," visit ADA's National Nutrition Month website www.eatright.org for a variety of helpful tips, fun games, promotional tools, and nutrition education resources.

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Robyn Walton
Attorney

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- Do you have minor kids on your life insurance or 401k?

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*caregiver respite
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Call (801) 525-5050 and ask to speak with a case manager. Also, you can visit our website at www.daviscountyutah.gov/seniors.

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